

Salina Parks & Recreation Department
Adult 7 on 7 Soccer League
Rules and Guidelines
2010

National High School Federation rules will apply with the following exceptions and modifications.

I. LEAGUE PURPOSE

The Adult Soccer League's purpose is to provide adults with an opportunity to enjoy the game of soccer. Fun and enjoyment, rather than winning being the focus for this league.

II. FIELD

The dimensions of the field will be approximately 70 yards long and approximately 50 yards wide. Goalie boxes will be 12 x 12 yards. Center circle will be approximately 7 yards in diameter.

III. TEAMS

Each team will consist of 7 players including a goalkeeper. A team must have at least 5 to start and continue a game.

IV. OFFSIDE (THERE IS NO OFFSIDE PENALTY)

Due to the fact that the playing field has been reduced in size and the number of players on the field at one time has been reduced per team, there will be no offside penalty.

V. PENALTY, GOAL, AND CORNER KICKS

Goal kicks will be taken from anywhere on the touch line inside the penalty area (there is no Goal Box Area). High School Rules will apply for penalty and corner kicks.

VI. DURATION OF THE GAME

The game will consist of two (2) twenty-minute halves. Official will be official time/score keeper.

VII. COED RULE MODIFICATIONS

A team must have at least 3 females on the field at all times. If a team does not have 3 females, play can only resume with permission from opposing manager.

VIII. OFFICIALS

There will be one official at the game site. Teams will be encouraged to play fair and to abide by the rules. The official may ask for assistance on out of bounds calls.

IX. IMPORTANT SAFETY RULES

No slide tackles are allowed.

No metal cleats of any type and no shoes with toe cleats are allowed.